

# Spicy Okra

**Makes:** 10 servings

## Ingredients

**20 ounces** frozen cut okra  
**1 tablespoon** vegetable oil  
**1** onion (medium, coarsely chopped)  
**1 can** tomatoes (14.5 ounces, diced, unsalted)  
**1** jalapeno pepper (fresh, or habanero chile, pierced 3 times with fork)  
**1/2 teaspoon** salt  
**1/4 teaspoon** black pepper

## Directions

1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch heavy skillet over moderately high heat. Saute onion for about 3 minutes.
3. Add tomatoes (including juice) and chile, and boil. Stir the mixture for 8 minutes.
4. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
5. Stir in salt and pepper and discard the chile.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>40</b>	
Total Fat	1.5 g	2%
Protein	1 g	
Carbohydrates	6 g	2%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	125 mg	5%